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Assertiveness For Earth Angels: How To Be Loving Instead Of "Too Nice"



Synopsis

Do people take advantage of your niceness? Do you have trouble honestly communicating your feelings? If so, you may be an Earth Angel. In this groundbreaking book, Doreen Virtue teaches Earth Angels "extremely sweet people who care more about others"™ happiness than their own "how to maintain their inner peace and loving nature while at the same time holding boundaries. You'll discover how to overcome fears about saying no, and how to ask for what you want from those around you and from the universe. Assertiveness for Earth Angels is for anyone who wants to learn the art of speaking up in relationships and in their activism about issues related to the world. Whether you need more assertiveness with your family, on the job, or in your healing work, you'll appreciate Doreen's gentle-but-firm approach to negotiating your earthly needs in heavenly ways!

Book Information

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Customer Reviews

I couldn't put this book down which is a rare feat for me. I may start a book and then I end up shelving it for some time or indefinitely as I've picked up another one and so forth. I'm sure I have some form of ADD. However, that was not the case with this book. I picked it up and was immediately pulled into it and I had to keep going without stopping. If I had to take a break or go to sleep, I was irritated as I wanted to finish it. It was that kind of book for me. This book is about Earth Angels who are highly sensitive human souls that want to help others and yet have a difficult time saying no. They also tend to be in and out of abusive or manipulative relationships because they

feel like they can fix everybody. They're afraid to make moves in life or knowing when to help or when to back off. Of course the definition is a lot more in depth than that. The author explains it in detail, but she also offers solutions to those that exhibit particular behavior patterns that are destructive or cause them to be taken advantage of. This book is jam packed with so much information on the nature of Earth Angels that it would be too lengthy to list it all here. Although I'm not an Earth Angel (or at least I don't believe I am), I still gained from this book because there were some behavior patterns discussed in this book that I could very well fall into from time to time. I found this book empowering as well as detailed and informational. Some of the many things covered in this book are things like learning to be more assertive, developing better communication skills, having boundaries and learning to say no, toxic and karmic relationships, trying to fix people, ridding oneself of negative traits like guilt, worry and fear.

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